

semperviva presents



The Alchemy of Asana with Erica Gehrke



About Erica Gehrke

Erica Gehrke offers yoga classes that highlight the importance of precise physical alignment and the energetic experience of yoga by emphasizing breath awareness. Beginners to Erica's class learn to breathe deeply and connect with the body to become more proficient at safely tailoring yoga postures to work best for each individual. Together with simple breathing exercises and meditation, she creates a practice that is simultaneously challenging and calming leaving you energized and centered benefiting you long after you've left the room.

Aspiring to Gandhi's words of, "Be the change you wish to see..." Erica uses yoga as a tool to guide her students to transform their good intentions into positive choices. In support of greater success, happiness and fulfillment in life, she is committed to the practice of yoga and believes health and wellbeing are wonderful results but the actual purpose of yoga is to awaken our highest potential as human beings.

Are you interested to rise to a new level of freedom and integrity in your asana practice and find greater richness and meaning both on your mat and in the rest of your life?

The practice of asana is a mirror of self-awareness where we gain greater understanding, not only of our physical bodies but also of our emotional and energetic dimensions (the koshas). Access your inner wisdom, cultivate a sense of power and find balance as you explore how yoga postures can reveal powerful interconnections of the body, mind, and spirit.

This inspiring workshop uses the physical postures of yoga along with symbolic imagery and self-examination (svadhyaya) as a vehicle to learn how to transform each pose into a lens through which we can discover hidden facets of and possibilities for ourselves.

The workshop will include a:

- brief lecture on yoga philosophy—svadhyaya, samskaras, and the koshas
- yoga practice to explore your inner wisdom through your body
- discussion and Q&A session

This workshop is suitable for all levels. No prior experience required. Please bring your mat, a pen and notebook (if you choose to take notes), a sense of curiosity and an open mind.

When: Sunday, October 19th from 1:00-3:00pm

Where: Sea Centre at Granville Island

Cost: \$35.00 + GST

more info/ registration: 604-739-2009 | semperviva.com